



# MOTIVATION

*No one is unmotivated – a person just wants what they want, which might be significance with a particular crowd. Or, it might be hopelessness. Or might be a bad attitude or chip on their shoulder with everything they approach.*

Think of someone you know whom you might call “unmotivated.” Step away from your own view of life and consider this person’s position from their viewpoint. What’s important, what is not important for them?

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Briefly describe the person’s behavior/actions that appear unmotivated.

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Now, what do you think they really want? Make it a positive. If it’s a bad-attitude teenager, know that they are trying to impress their peers rather than their teacher. That’s motivation. If it’s a colleague at work who is not doing their job well, who are they trying to please? What are they trying to avoid? Why do they appear to be wired upside-down? Attempt to solve the mystery!

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Now take something in your life where you say you are unmotivated – a diet, a New Year’s resolution, a future goal that appears over and over, never realized. Can you solve your puzzle?

What is your real motivation to not start (or to not complete) what it is that you say you want?

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